

GAMES

Bingo : No registration. \$1 at door. Prizes; refreshments served.

Game Time: Mexican Train Dominoes, cards, and board games are available or bring your own! No registration. \$1 at door. Refreshments served.

Farkle: No registration. \$2 at door. Refreshments served.

RECURRING ACTIVITIES

Book Review: Come hear about what others are reading and share your latest find. No assigned reading. Refreshments served. No registration or fee.

Let's Get Sewin': Share ideas while learning new skills and contribute to the community by using provided supplies to make projects for area charities. All skill levels are welcome.

Sing-a-long Choir: Meet new friends while singing favorites from the past! Join anytime. No registration or fee.

Yarn Connection: Learn new skills and have fun with friends. We provide yarn, hooks/needles, patterns, snacks and laughter. Help the community by working on charitable projects. No registration or fee.

EXERCISE CLASSES

Cardio Drumming: Feel like a rock star while getting a workout. All levels are welcome, and equipment is provided. Space is limited; please call to reserve your spot.

Chair-side Exercise: Range of motion and strength exercises using optional light weights. Some standing and sitting required. No registration or fee.

Move It or Lose It: Range of motion and strength exercises. Some standing and sitting required. No registration or fee.

Vita Band: Use resistance bands for range of motion and strength exercises. Some standing and sitting required. No registration or fee.

Walk for Health: Meet in alternating locations around Leavenworth County for a group walk. All fitness levels welcome. See calendar for locations. No registration or fee except when noted.

COUNCIL ON AGING POLICIES

The programs and events listed on the calendar are held at the *Council on Aging*, 1830 S. Broadway, unless otherwise noted. Please refer to the individual flyer on each function for more detailed information or call 913.684.0777.

Age Eligibility: All activities, programs, and events are open to adults age 50 and older, unless otherwise specified. Contact the Leisure and Learning department, 913.684.0777, for information.

Registration and Payment Policy:

All activities, programs and events require registration unless noted. Functions that require a program fee must be paid in advance at time of registration unless noted as "Pay at Door." Registration is on a first come basis for events hosted at the COA.

Cancellation Policy: A function that requires a program fee paid in advance must be cancelled more than 3 business days prior to the function to receive a refund unless otherwise specified. Cancellation less than 3 business days will not be refunded.

Transportation: If you need transportation to and from any function please call the transportation desk, 913.684.0778 or 913.684.0808, to schedule a ride. Please refer to the transportation policy for scheduling times and rider information. There is a fee for transportation.

Consumer Rights: All services are provided without discrimination on the basis of race, color, religion, national origins, or sex. If you feel you have been discriminated against you have the right to file a complaint. Please contact the Director at 913.684.0777.

For the hearing impaired TTY # 1.800.766.3777

Si sientes que has sido discriminado, llame al 1.866.305.1343

LEAVENWORTH COUNTY COUNCIL ON AGING

APRIL 2022

LEISURE & LEARNING PROGRAM

CALENDAR OF EVENTS



COUNCIL ON AGING


1830 S. Broadway, Leavenworth, KS, 66048

Main: 913.684.0777 Fax: 913.684.0779

Transportation: 913.684.0778

E-mail: seniors1st@leavenworthcounty.gov

Website: www.leavenworthcounty.gov/COA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NEW EVENTS
 <p>Sponsored by: COUNCIL ON AGING 1830 S. Broadway Leavenworth, KS, 66048 913.684.0777</p>				1 Walk for Health 10:00 at Angel Falls Trail, Lansing Around Emily's Kitchen Table 10:00am or 12:30pm	2 A Day with Derek–Painting Class 8:00am–12:00pm	<p>Around Emily's Kitchen Table: Cooking class featuring barbecue meatballs, copper pennies, and quick orange rolls. RSVP; prepay by March 28.; \$6 includes demo, recipes and lunch.</p> <p>A Day with Derek: This popular painting class is returning. Register and prepay \$30 for new participants/\$25 for returning.</p> <p>Walk for Health: Join Jessica for a walk at different locations throughout the county. No fee; RSVP required for Fort Leavenworth walk only.</p> <p>Spring Craft: Spring has sprung! We will be making a spring wreath to brighten your front door. RSVP; prepay \$5.</p> <p>On the Road Again: See the Gateway Classic Cars museum in Olathe and enjoy lunch at Pizza West. RSVP– space is limited; prepay \$7 for transportation.</p> <p>April Showers Spring Party: Celebrate the start of spring with a few surprises. We will hunt eggs and enjoy special treats. RSVP to reserve your spot; \$3 at door.</p> <p>Mystery Breakfast: This breakfast is guaranteed to be big! Make sure to bring your appetite. RSVP; \$7 for transportation. Breakfast on your own.</p> <p>*For additional information about <i>Let's Roll with Sister Vicki</i>, please contact Elaine Belardo at <i>The Deeper Window Association</i>.</p>
4 VitaBand 8:30 – 9:30am Coffee Group 9:00-10:00am Move It or Lose It 9:30 -10:00am Grief Support Group 10:30-11:30am COA Community Outreach at Tongie Riford Center 10:00-11:00am	5 Let's Roll with Sister Vicki* 11:00–3:30pm Sing-a-Long Choir 1:00-2:30pm Spring Craft 10:00-11:00am Cardio Drumming 5:00pm	6 Chair-side 8:30–9:30am Move It or Lose It 9:30 -10:00am Bingo 1:00-2:30pm	7 Ukulele 9:30 am COA Community Outreach at Exchange Bank in Easton 10:00-11:00am Health Series: Occupational Therapy 11:30am Cardio Drumming 1:00pm	8 Walk for Health 10:00 at Basehor City Park, Basehor April Showers Spring Party 1:00pm	9 On the Road Again: Gateway Classic Car Trip 8:30 am	
11 VitaBand 8:30 – 9:30am Move It or Lose It 9:30 - 10:00am Jamesport Trip 8:30am Book Review 10:00-11:00am Let's Get Sewin' 1:00 pm	12 Let's Roll with Sister Vicki* 11:00–3:30pm Cardio Drumming 5:00pm	13 Chair-side 8:30–9:30am Move It or Lose It 9:30 - 10:00am Caregiver Support Group @ Tongie Riford Center 1:00-2:30pm Game Time 1:00-3:00pm Public Hearing 1:30pm	14 Ukulele 9:30 am <i>Sewing on the Line</i> Quilt Guild 1:00-3:00pm Cardio Drumming 1:00pm	15 Walk for Health 10:00 at Leavenworth Landing Park	16	
18 VitaBand 8:30 – 9:30am Move It or Lose It 9:30 - 10:00am Coffee Group 9:00-10:00am	19 Cornhole at Tongie Riford Center 10:00-11:00am Let's Roll with Sister Vicki* 11:00–3:30pm Sing-a-Long Choir 1:00-2:30pm Cardio Drumming 5:00pm	20 Chair-side 8:30–9:30am Move It or Lose It 9:30 -10:00am Bingo 1:00-2:30pm	21 Ukulele 9:30 am COA Community Outreach at Basehor Library 9:00-10:00am Cardio Drumming 1:00pm	22 Walk for Health 10:00 at Tonganoxie Chieftain Park	23	
25 VitaBand 8:30 – 9:30am Move It or Lose It 9:30 - 10:00am Let's Get Sewin' 1:00 pm	26 Let's Roll with Sister Vicki* 11:00–3:30pm Cornhole 1:30pm Cardio Drumming 5:00pm	27 Chair-side 8:30–9:30am Move It or Lose It 9:30-10:00am COA Outreach at Linwood Library 9:00-10:00am Farkle 1:00-3:00pm	28 Ukulele 9:30 am Mystery Breakfast 8:30am Cardio Drumming 1:00pm Senior Pen Pal Reception 1:00pm	29 *Walk for Health 10:00 at Fort Leavenworth– registration needed!	30	